

DINNERLY



Balanced One-Pan Lemon Chicken with Mixed Grains and Spinach



45 minutes



2 Servings

Lemon and chicken are classic flavour partners, and here they team with spinach and a nourishing mix of rice, quinoa and barley. This recipe does take a little longer to make, but once it's prepped and on the stove, it's mostly hands off from there.

WHAT WE SEND

- 1 onion
- oregano
- 1 lemon
- free-range chicken thigh fillets
- 125g rice, quinoa and barley blend ¹
- 50g baby spinach leaves

WHAT YOU NEED

- 2 garlic cloves
- 2 tbs olive oil
- 2 tsp dijon mustard ¹⁷

TOOLS

- fine grater
- medium deep ovenproof frypan with lid

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 615kcal, Fat 28.4g, Carbs 49.9g, Proteins 36.2g



1. Prep ingredients

Finely chop the **onion**. Crush or finely chop 2 **garlic cloves**. Finely chop the **oregano** leaves, discarding the stems. Finely grate the zest of **half the lemon**, then juice the half. Thinly slice the **remaining lemon half**.



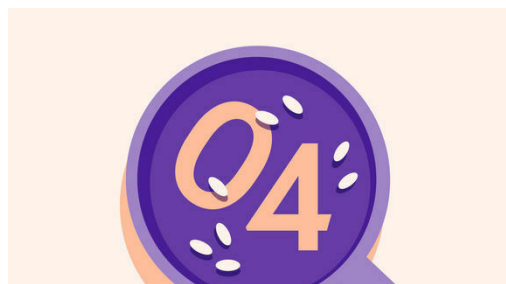
2. Marinate chicken

Combine the **lemon juice**, **half the oregano**, **half the garlic**, **1 tbs olive oil** and **2 tsp dijon mustard** in a large bowl. Add the **chicken**, season with **salt and pepper** and toss to combine.



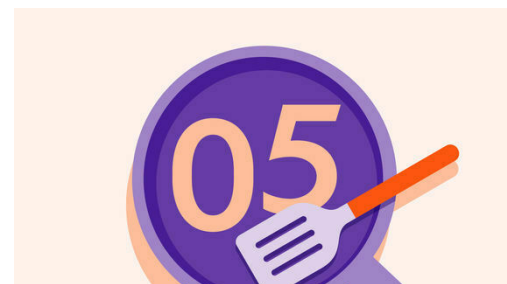
3. Brown chicken

Heat **1 tbs olive oil** in a medium deep ovenproof frypan (see Kitchen hack) over medium-high heat. Cook the **chicken**, reserving the remaining marinade, for 2 mins each side or until browned. Remove from the pan and wipe the pan clean. Return the pan to medium-high heat. Cook the **onion** and **remaining garlic**, stirring, for 2 mins or until softened.



4. Cook grain blend

Add the **grain blend** and **remaining oregano** to the onion mixture and cook, stirring, for 2 mins or until combined. Stir in the **lemon zest**, **reserved marinade** and **325ml (1½ cups) water**, season with **salt and pepper** and bring to the boil. Reduce the heat to medium and cook, covered, for 20-22 mins until the grains are tender. Remove the pan from the heat.



5. Grill and serve up

Preheat the grill to high. Add the **spinach** to the grain mixture, season with **salt and pepper** and stir to combine. Top with the **chicken** and **lemon slices** and grill for 5-6 mins until the chicken is cooked through. Divide the **chicken and grain mixture** among plates and enjoy!



6. Kitchen hack

Don't have an ovenproof frypan? Use a regular frypan to brown the chicken and cook the grain mixture. After stirring in the spinach in Step 5, transfer the grain mixture to a 2L (8 cup) baking dish, top with the chicken and lemon and grill as instructed.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au

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